



THIS MONTH AT ALIVE

January 2022

## Fundraising Events

**Tickets:** [AliveHospice.org/Bluebird](https://AliveHospice.org/Bluebird)

**Merchandise:** [AliveHospice.org/Shop](https://AliveHospice.org/Shop)

### Alive & The Bluebird

Fundraisers with The Bluebird Cafe are returning to live in person events all month long in January. All proceeds support patients at the end of life and their loved ones.

## Mindfulness and Relaxation

**Sign-up online:** [AliveHospice.org/events](https://AliveHospice.org/events)

### Weekly Guided Meditation (Virtual)

Need more peace in your day? Join us on Zoom (cameras off) for a relaxing guided meditation led by volunteer, Ben Glover.

Every Thursday | 1:00 p.m.

### Sound Bath Meditation (Virtual)

Experience the vibration and auditory properties of sound to achieve a relaxed state. Headphones are recommended but not necessary.

Fourth Wednesday | 6:00 – 7:30 p.m.

### SoulCollage®

SoulCollage® is an expressive arts process that uses the power of images to encourage self-discovery. Each month we will work on building and adding to our incredible deck of cards and deepening our understanding of ourselves through their use. Your guide through this process is Alive's grief counselor and trained SoulCollage® Facilitator Terri Kuberski. No experience necessary.

Second Wednesday | 6:00 – 7:30 p.m.

### HealthRHYTHMS® Drumming Workshop

For adults (18+) who have experienced a loss. HealthRHYTHMS® is a fun, evidence-based therapeutic strategy which uses drums as a tool for growth as we navigate our grief journey. Facilitated by Alive's grief counselor, Terri Kuberski, a Remo endorsed HealthRHYTHMS® facilitator with over 15 years of experience using therapeutic drumming as a tool to aid in the healing process. Drums provided.

First Wednesday | 6:00 – 7:30 p.m.

## Grief Support Events

RSVP is required for all events.

### 10 Essentials Grief Hike

This hike is for adults (18+) who have experienced the death of someone significant. During the hike, you will be introduced to the "Ten Essentials," created by Alive's grief counselor, Dianne Castellano. The "Ten Essentials" draws connections between tools hikers typically use to be prepared, and tools that assist with a healthy grief process.

Friday, January 28 | 10:00 a.m. – 12:00 p.m. | Edwin Warner Park

### Care for the Grieving Heart (Virtual)

It can be difficult to prioritize your physical and emotional health when you are grieving. This unique event will introduce participants to a variety of self-care activities including aromatherapy, gentle yoga, reiki, guided meditation, prayer sticks, drum massage, progressive muscle relaxation and sleep hygiene tips. Wear comfortable clothing, and come as you are. You will leave feeling refreshed and rejuvenated in the midst of grief.

Saturday, January 8 | 10:00 a.m. – 12:00 p.m.

### Art Alive (Virtual)

An expressive arts group focused on loss and change.

No art experience is necessary. (A \$5.00 fee covers the cost of materials, which are provided to participants in advance of the workshop.)

**January Project:** Healing Doll

Third Wednesday | 6:00 – 8:00 p.m.

### Therapy Group for Complex Grief

For adults who are experiencing distressing memories and present triggers that complicate bereavement utilizing the Eye Movement Desensitization and Reprocessing (EMDR) Group Traumatic Episode Protocol (G-TEP). Pre-screening required.

First Monday | 6:00 – 8:30 p.m.

### Finding Lost Words (Virtual)

This guided poem writing workshop is for anyone coping with loss. You need not consider yourself a "real writer" to join us. This is not about critique; it's about community.

First Saturday of every month 10:00 – 11:00 a.m.

### Grief 101 (Virtual)

This introductory class answers questions on grief, provides tools, and introduces grief services offered by Alive.

First and Third Wednesday | 1:00 – 2:00 p.m.

Grief Support group and event RSVP/registration: [AliveHospice.org/calendar](https://AliveHospice.org/calendar) | [griefsupport@alivehospice.org](mailto:griefsupport@alivehospice.org) | 615-963-4732

For complete event information, visit: [AliveHospice.org/events](https://AliveHospice.org/events)

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### Supporting Your Grieving Child (*Virtual*)

How can you help a grieving child or teen when you are also broken hearted? This class provides critical information to maintain communication in the wake of loss.

Fourth Wednesday | 1:00 – 1:45 p.m.

### Private Creative Arts Memorials

Bring family and friends or work solo to create a memorial with our supplies and support from a grief counselor. \$45 for a two-hour room reservation.

## Eight-Week Grief Journey Groups Forming Now!

Our day and evening Grief Journey groups launch on **January 13**. Groups meet for eight consecutive Thursdays, and are led by licensed Grief Counselors.

Both in-person and virtual options are available.

*\$80 per participant, scholarships available.*

### Groups for Loss of Spouse/Partner

Virtual or In-person (Nashville): Thursdays, 6:00 – 7:30 p.m.

### Loss of a Loved One

In-person (Nashville): Thursdays 1:00 – 2:30 p.m.

### Grief Recovery Group

The Grief Recovery Method Support Group® is open to adults who have encountered any type of loss and uses an action based approach to facing grief.

In-person (Franklin): Thursdays, 6:00-7:30 p.m.

## Drop-In Grief Support Groups

**Participants can join at any time. FREE to attend. RSVP Required.**

### Walking Through Grief

Grief is anything but a walk in the park. It can be challenging, upsetting, exhausting and so much more. Yet, we also know that fresh air, gentle movement, and connection can help us cope. Join Alive grief counselors and other grieving community members for a weekly walk at Centennial Park to connect with others and the healing that comes with being in nature.

Tuesdays | 10:00 – 11:00 a.m. | Centennial Park

### Serenity In Grief (*Virtual*)

A weekly virtual meeting for adults who are focused on maintaining sobriety in the midst of loss. Each meeting is opened with a reading, followed by a time of optional sharing, and closes with the Serenity Prayer.

Wednesdays | 9:00 – 9:30 a.m. and 12:00 – 12:30 p.m.

### Cancer Loss Support Group (*Virtual*)

For adults who have experienced the death of someone significant due to cancer in the last year.

Second Monday | 6:00 – 7:30 p.m.

### Good Mourning Group (*Virtual*)

Start your day with support from others who understand what you're going through. This group provides casual

connection and practical tips to get you through the week. Keep your slippers on, grab your favorite cup of coffee, and join us online!

Wednesdays | 9:30 – 10:30 a.m.

### Navigating Grief (*Virtual*)

For adults who've experienced the death of someone significant.

Third Tuesday | 6:00 – 7:30 p.m.

### Women's Grief Group (*Virtual*)

Support and connection for adult women who have experienced the death of someone significant.

Second Tuesday | 6:00 – 7:30 p.m.

### Support for Widowed Men (*Virtual*)

Support and connection for adult men who have experienced the death of a spouse or partner.

First Monday | 6:00 – 7:30 p.m.

### Survivors of Sudden Loss (*Virtual*)

For adults who have experienced a death through suicide, substance use, homicide, or accident.

Fourth Monday | 6:00 – 7:30 p.m.

### Mother's Grief Group (*Virtual*)

For mothers who have experienced the death of a child due to drug use.

Fourth Monday | 6:00 – 7:30 p.m.

### Child Loss Group (*Virtual*)

For adults who've experienced the death of a child ages two and up.

Third Monday | 6:00 – 7:30 p.m.

### College Age Group (*Virtual*)

For ages 18-30 who have experienced the death of someone significant.

Third Tuesday | 7:00 – 8:00 p.m.

### Pet Loss Group (*Virtual*)

For adults who have experienced the death of a special animal. Led by a grief counselor certified in veterinary social work.

Fourth Tuesday | 6:00 – 7:30 p.m.

## Community Partner Grief Groups

To decrease costs for sister non-profits, Alive allows support organizations to hold groups at our locations free of charge. We encourage you to attend as they fit your needs.

### Modern Widows Club (*Nashville Chapter*)

Second Tuesday of the month at Alive's Franklin location.

**For more information or to register:**

e-mail: [nashville@modernwidowsclub.org](mailto:nashville@modernwidowsclub.org)

or visit: [modernwidowsclub.com](http://modernwidowsclub.com)

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